

Immunization Awareness Month

August is National Immunization Awareness Month (NIAM). The goal of NIAM is to increase awareness about immunizations across all ages, from infants to the elderly.

Why are immunizations important?

Vaccines have eliminated smallpox and wild poliovirus in the U.S. and significantly decreased the number of cases of measles, diphtheria, rubella, pertussis (whooping cough), and other diseases. Vaccines can help protect people, their families, and their communities from serious infections.

Why might some adults need vaccines?

Some adults disregard vaccinations because they believe vaccines are only given during childhood. However, some adults were not vaccinated as children. Also, new vaccines have emerged that were not available when some adults were children. Even with proper vaccination, some immunity fades over time, and, as we age, we can become more vulnerable to serious disease caused by common infection (i.e., pneumonia).

What vaccines do adults need?

The Center for Disease Control (CDC)



offers many recommendations for adults based on age and specific health

conditions. For specific guidelines, visit their website at: <http://www.cdc.gov/vaccines/recs/schedules/adult-schedule.htm#print>.

Basic recommendations include:

- **19 - 49 years old:** 1 dose of Td (tetanus) booster every 10 years, 3 doses of the HPV vaccine (females), 1 to 2 doses of the MMR vaccine, 2 doses of varicella (chickenpox) vaccine, and 1 annual dose of the influenza vaccine if another risk factor is present.
- **50 - 64 years old:** 1 dose of Td booster every 10 years and 1 annual dose of the influenza vaccine.

- **65 years and older:** 1 annual dose of the influenza vaccine and 1 dose of the pneumococcal (pneumonia) vaccine.

How do I know which vaccines I need?

The type of vaccinations needed depends upon many factors including age, medical history, and overall health status. Take a quiz online to help determine what immunizations you may need. Then print out the results and discuss them with your healthcare professional during your next office visit. The quiz can be found at:

<http://www2.cdc.gov/nip/adultImmSched/>.

Source: Centers for Disease Control, <http://www.cdc.gov/vaccines/events/niam/default.htm>

OPEN ENROLLMENT: August 13 - September 10*** ACTION WILL BE REQUIRED ***

This year during Open Enrollment you will be required to make benefit elections. Benefit elections will be done using Your Employee Services (YES) system, www.yes.az.gov

Elections cannot be made until August 13th.

ALL active employees MUST logon to the "YES" website between August 13th and September 10th to elect benefits.

Even if you do not want to make changes, you MUST still logon to the "YES" website and re-elect your benefits for the current plan year.

FAILURE TO DO SO WILL RESULT IN CANCELLATION OF YOUR BENEFITS.

IF YOU DO NOT HAVE ACCESS TO A COMPUTER, PLEASE CONTACT YOUR AGENCY LIAISON/HUMAN RESOURCE REPRESENTATIVE.

Benefit Options

Choice. Value. Health.

Mini Health Screening at Work

All State employees and Benefit Options members are eligible to participate in mini health screenings.

Confidential results will be mailed to your home.

The basic screenings are **FREE** and optional screenings are priced as indicated:

- Height & weight; blood pressure; and percent of body fat (body composition).
- Cholesterol (total lipid panel) and blood sugar (8-hour fasting is required for this blood draw.)
- Free osteoporosis screening for women 40 and older. \$35 for women under age 40.
- \$5 PSA screening (blood draw) for men 40 and older. \$40 for men under age 40.

You will need your Employee Identification Number (EIN) and Insurance card for this event.

Aug.10th — 10:00 am-12:00pm

Chinle, DES

Hwy. 191, Bldg. 7395A

Aug.15th — 8:00am-11:00am

Phoenix, ADOT

206 S. 17th Ave., Rm.145

Aug.16th — 7:30am-11:30am

Phoenix, AHCCCS

701 E. Jefferson, Gold Room

No appointment necessary. These screenings are done on a first come, first serve basis.

Massage Therapy At Work

This program is open to all State employees. The cost is \$10 for a 15-minute massage and \$20 for a 30-minute massage.



Check the Wellness website for events scheduled in your county.

National StresStation will travel to worksites with at least 15 interested employees (and/or family members). Call National StresStation at 480-990-1701 to discuss having this program at your worksite.

What Services & Programs are Offered by Benefit Options Wellness?

The Wellness website has the complete list of screenings, classes and other programs available to be requested and scheduled at State worksites.

Wellness events are requested and coordinated by State employees at worksites. Most programs are available throughout Arizona. If you are interested in hosting a program at your worksite, visit the Wellness website to view what is available and learn

"How To Request and Schedule Worksite Events."

Event requests must be submitted online. Complete the brief form, including contact information and the event requested and hit "submit!" A Wellness team member will reply to your request.

Online Event Request Form



Upcoming Events



Skin Cancer Screening

This **FREE** screening is open to all State employees and Benefit Options members and includes:

- Assessment by a Nurse Practitioner or Physician's Assistant for skin cancer
- AND**
- Review of personal and family medical histories and lifestyle factors

Screenings take approximately 10 minutes, and participants will NOT be required to disrobe.

August 1st - 8:00 am - 2:30 pm

Phoenix, Dept. of Gaming
202 E. Earll Dr., #200 Training Rm
Contact Tim Weaver at
602-604-1801 to sign up

August 14th - 10:30 am - 1:30 pm

Phoenix, ADOT
2039 W. Lewis Ave., Carlson Room
Contact Pauly Heller at
602-712-2035 to sign up

August 2nd- 8:00 am - 2:30 pm

Mesa, AHCCCS
460 N. Mesa Dr., Conf. Rm.
Contact Jerry Perkins at
602-417-4883 to sign up

August 21st - 8:00 am - 2:30 pm

Phoenix, ADOA
100 N. 15th Ave., Room 303
Contact Jen Douville at
602-771-9355 to sign up

August 6th -8:00 am - 12:00 pm

Phoenix, AHCCCS
10851 N. Black Canyon Hwy., Suite
6 Conference Room
Contact Jerry Perkins at
602-417-4883 to sign up

August 22nd - 8:00 am - 2:30 pm

Tucson, AHCCCS
110 South Curch Ave, Conf. Room
Contact Jerry Perkins at
602-417-4883 to sign up

August 8Th- 8:00 am - 2:30 pm

Phoenix, DHS
2500 E. Van Buren, Examining Rm.,
off of Civil Hospital Lobby
Contact Gretchen Rozelle at
602-220-6048 to sign up

August 27th - 8:30 am - 11:30 am

Flagstaff, AHCCCS
3480 Route 66, Conference Room
Contact Jerry Perkins at
602-417-4883 to sign up

NOTE: The registration deadline for all skin cancer screenings is one week before the screening date.

MOM

Mobile On-site Mammography

"Early detection is the best defense we have at this time for catching breast cancer in its earliest stages," says Catherine Midgette, Executive Vice President of MOM. "If we find the cancer in its earliest stages, the patient has a 97 percent survival rate." Mobile On-Site Mammography (MOM) travels to perform mammography screening at worksites across Arizona.

MOM will directly bill insurance. Benefit Options health plan members do not have to pay a copay at these events. (Other insurance plan members may have a copay. Check with your insurance's member services department for more information.)

Call MOM at 480-967-3767 to schedule your appointment.

This service is generally provided on a request-basis. Call MOM at 480-967-3767 or 1-800-285-0272 to schedule this service at your worksite. There is a minimum of 25 people required. The M.O.M. van will be parked outside the following locations:

August 8 — MVD, Phoenix
2739 E. Washington
7:00am - 4:00pm

August 16 — DES, Phoenix
6633 E. Camelback
8:00am - 4:00pm

August 21 — DES, Phoenix
4635 S. Central
9:00am - 1:00pm

August 28 — MVD, Avondale
1452 N. Eliseo C. Felix
Jr. Way
9:00am - 1:00pm

Weight Watchers® at Work

The At Work Program® is a series of motivational meetings at the worksite designed to encourage safe, sensible weight loss and weight control. Each series lasts for 10 weeks and includes weekly 45-minute meetings. Meetings are facilitated by trained Weight Watchers personnel who themselves have lost weight and kept it off with the Weight Watchers program. Each meeting includes a quarter hour, confidential weigh-in followed by a half-hour meeting. Cost includes weekly meetings and written program materials.

Cost: Participants pay \$59 (Benefit Options Wellness pays the remaining cost of the class).

Length: 45-minute classes held during a 10-week series

Participation: minimum of 18 participants required



Availability: Weight Watchers can bring a series of meetings to your worksite at a variety of times throughout the day. Because the lunch hour is the most popular requested time, the Wellness Program encourages considering "off" times during the day. This will increase the availability of Weight Watchers to fulfill the request (such as before work, 10:00, 1:30, etc.).

Additional options:

- A current meeting series may be in session at an agency near you at any given time. Please call Weight Watchers for the schedule.
- For groups who cannot meet the minimum number of participants, Weight Watchers will start a group of employees who would like to attend regular meetings in their own neighborhoods.

To schedule a series or find an existing series, write to info@weightwatchersaz.com or call 1-800-651-6000, ext. 21. Please identify your agency when you call.

Weight Watchers At Work Program series fees are non-refundable and non-transferable. Members becoming pregnant or relocating outside of Arizona during a series may be eligible for partial refunds.

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100 N 15th Ave, Suite 103 Phoenix, AZ 85007

www.benefitoptions.az.gov/wellness

email: wellness@azdoa.gov, phone 602-771-9355

Persons with a disability may request accommodations by contacting the ADOA Benefits Office. If you need this issue in alternative format, please call 602-771-9355

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